



November and December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Drop in Programs				
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 9:00 a.m. Beg. Spanish 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair	9:00 a.m. Aerobics 9:00 a.m. Int. Spanish 9:30 a.m. Bridge Lesson 10:30 a.m. Muscle Cond. 10:30 a.m. Int. Spanish 1:00 p.m. Bingo 1:00 p.m. 3D Open Studio 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble 9:30 a.m. 2D Open Studio	9:00 a.m. Knitting 10:00 a.m. Beg. Tai Chi 10:30 a.m. Mandarin Conversation 11:00 Stroke Support Group 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:30 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Aerobics 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Muscle Cond. 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
3 10.....Theater Workshop 10.....Zumba Gold 11.....Ageless Grace 11:45.....Lunch Macaroni & Cheese or Chicken Salad Sandwich 1.....Low Vision Group 1.....MindSet Club 2.....Book Recommendations 4.....Nia	4 <div>Election Day</div> <div>11:45.....Lunch Fish w/Broccoli or Egg Salad Sandwich</div> <div>Aerobics, Muscle Conditioning, and Swing Band are cancelled.</div>	5 11....Author Talk: One Liners 11:45.....Lunch Beef Stew or Seafood Salad Sandwich 12:30.....Legal Clinic Part 1 No Beyond Balance today	6 9:30.....Healthy Eating 11:45.....Lunch Tortellini w/Marinara Sauce or Turkey & Cheese Sandwich No Ceramics today	7 11:45.....Lunch Greek Chicken or Roast Beef & Swiss Cheese Sandwich 11:45.....Nutrition and Healthy Brain talk at lunch
10 10.....Theater Workshop 10.....Zumba Gold 11.....Ageless Grace 11:45.....Lunch Turkey Marsala or seafood salad sandwich 12:45.....Beyond Balance 1.....MindSet Club 2:30-4:30.....iPad level 1	11 <div>Senior Center Closed</div> <div>Veteran's Day</div>	12 10:30.....Scam Update 10:45.....Beyond Balance 11:45.....Lunch Sweet potato crusted fish or California chicken salad 12:30.....Legal Clinic Part 2	13 9:30.....Men's Club @Johnny's 11:45.....Lunch Baked chicken or vegetarian chef salad 12:30.....Ceramics 1:00.....Healthy Eating	14 10.....Book Club 11:45.....Lunch Spinach and red pepper quiche or roast beef with provolone 1:30.....MBTA CharlieCard
17 10.....Theater Workshop 11:45.....Lunch Chicken with creamy Italian sauce or Tuna Salad sandwich 12:45.....Beyond Balance 1.....MindSet Club 7....Living & Aging in Newton	18 11:45.....Lunch Salmon with dill sauce or turkey deluxe sandwich 12:00...Dialogue with Director	19 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Hot dog or egg salad 1....Movie: Words and Pictures	20 10:30....Short Story Discussion 11:45.....Lunch Thanksgiving Special 12:30.....Ceramics	21 9.....Alderman Norton 11:45.....Lunch Lentil stew or chicken pesto salad 12:30.....“Radio” Performance
24 10.....Theater Workshop 10:30.....Parkinson's Group 11:45.....Lunch Meatballs with gravy or California chicken salad 12:45.....Beyond Balance 1.....MindSet Club	25 11:45.....Lunch Cranberry chicken or seafood salad sandwich 6:30...PACT Dinner and Movie: Mamma Mia	26 11:45.....Lunch Salmon boat or chef's salad with ham Center closes at 12:00 p.m. No Beyond Balance or Chamber Ensemble	27 <div>Senior Center Closed except for dinner guests Thanksgiving Day</div>	28 11:45.....Lunch Stuffed shells with tomato sauce or cottage cheese and fruit 1:00.....Sports Talk
1 11:45.....Lunch Chicken marsala or tuna salad sandwich 12:45.....Beyond Balance 1.....Low Vision Group	2 11:45.....Lunch Meatloaf with gravy or Mediterranean Tortellini Salad 12.....Birthday Celebration	3 10:45.....Beyond Balance 11:45.....Lunch Macaroni and cheese or roast beef with American cheese 1..Movie: The Fifth Estate	4 9:30.....Healthy Eating 11:45.....Lunch Baked fish with crumb topping or Chicken salad 12:30.....Ceramics	5 9:30.....Health Clinic 11:45.....Lunch Broccoli-mushroom quiche or turkey deluxe Open Enrollment ends December 7.
8 10:30-12:30.....iPad level 1 11:45.....Lunch Turkey tetrazzini or egg salad sandwich 12:45.....Beyond Balance	9 11:45.....Lunch Chicken Paprika or Roast Beef Sandwich	10 10:45.....Beyond Balance 11:45.....Lunch Sweet potato Pollack filet or Chicken Pesto Caesar Salad 1.....Movie: The Railway Man	11 9:30.....Men's Club @Johnny's 11:45.....Lunch Pot roast with gravy or seafood salad 12:30.....Ceramics	12 10.....Book Club 11:45.....Lunch 12:00.. Dialogue with Director Tortellini with marinara sauce or turkey with Swiss cheese
15 11:45.....Lunch Stuffed Pepper w/Tomato Sauce or Mediterranean Tortellini Salad 12:45.....Beyond Balance	16 11:45.....Lunch Holiday Special Almond Divine Chicken Garlic Mashed Potatoes; Roasted Root Vegetables; Snowflake Dinner Roll Chocolate Truffle	17 10.....Alderman Danberg 10.....Holiday Concert 11:45.....Lunch Meatball Sub or Egg Salad Sandwich No Beyond Balance this week	18 10:30....Short Story Discussion 11:45.....Lunch Salmon Filet w/Lemon Dill Sauce or Chef Salad 12:30.....Ceramics	19 9.....Alderman Norton 9:30.....Health Clinic 11:45.....Lunch Lentil stew or BBQ Chicken Sandwich

22 11:45.....Lunch Chicken Creole or tuna salad sandwich 12:45.....Beyond Balance	23 11:45.....Lunch Veggie burger with cheese or turkey and Swiss sandwich 6:30...PACT Holiday Celebration	24 11:45.....Lunch American chop suey or seafood salad sandwich 1...Movie: The Grand Budapest No Beyond Balance today	25 Senior Center Closed Christmas Day	26 11:45.....Lunch Krunch Lite fish sticks or breaded chicken patty
29 10:30.....Parkinson's Group 11:45.....Lunch Hot Dog or egg salad sandwich No Beyond Balance today	30 11:45.....Lunch Roast Pork w/Honey Mustard Sauce or turkey with American cheese	31 11:45.....Lunch Tangerine Diced Chicken or roast beef with cheddar cheese No Beyond Balance today	November & December Bold events require registration. Register for lunch by 11:00 a.m. the previous day; call 617-796-1660.	